



Red Cliff Early Childhood Center

namebini-giizis (Sucker moon)

February, 2010 NEWSLETTER

Upcoming ECC activities!

Mark your calendars for the following ECC upcoming activities:

Wednesday evenings at 5pm: Sewing Classes

February 12th: Home Base Play Day

February 15th: ECC Closed-President's Day

February 24th: ECC Family Night at 5pm

March 10th: Sugar Bush Planning. Dates and times are hard to plan for this event; please join us to discuss this annual event!

March 29th-April 2nd: ECC Spring Break

April 5th: ECC Closed

April 29th: ECC Family Day-Health Fair Event

May 13th: ECC Closed

May 27th: ECC Family Fishing Day

June 14th: Early Head Start Pony Rides-No EHS Classes this day

June 17th: Head Start Pony Rides- No HS classes this day

July 8th: Head Start field trip to Raspberry-No HS Classes this day

July 29th: ECC Head Start Graduation

Special points of interest:

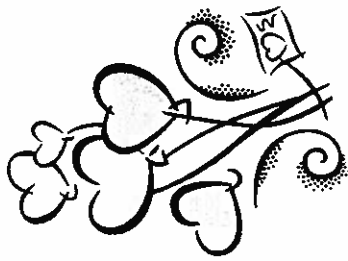
- ☺ Press '8' after calling 779-5030 to listen to announcements!
- ☺ Visit us in ECC Family Services if you ever need any resources; Nicole and Patt's office is in the ECC trailer!
- ☺ Please call the ECC when your child will be absent.

Inside this issue:

- Classroom updates
- ECC and Community Activities Calendar
- Bus Reminders
- Immunization Clinic
- Kids' ice Fishing Con-
- Car Seat Safety
- Healthy Foods
- Family Literacy Fun
- Job Postings

ECC February Family Night

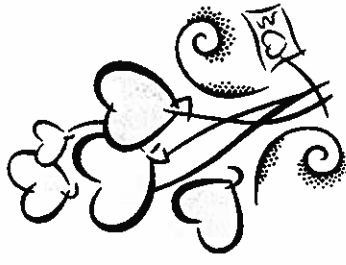
Join us Wednesday, February 24th at 5:00 pm for an evening filled with legends, laughs and good food. All community members are welcome to attend the event and even share a traditional story if they will! If you have any questions or comments about the event, please call the ECC at 779-5030. There will not be sewing on this evening.



February 2010

Community & ECC Events

Namebini-giizis-Sucker Moon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ALL HEAD START CLASS- ROOMS 8am-2pm *Tribal Council Meeting 6:30pm	2	3 Story hour @ Bayfield Library 10:00 am	4	5	6 Apostle Island Sled Dog Races Art Contest at Great Lakes Visi- tor Center
7 Apostle Island Sled Dog Races	8 Policy Council Meeting 9am @ ECC in trailer *ECC Language Mtg-- 4pm	9 Breastfeeding Support Group 10am @ Clinic	10 Story hour @ Bayfield Library 10:00 am	11 EHS DENTAL VARNISHING 9AM @ ECC	12 HOME BASE Play Day 10am @ ECC	13
14 Valentine's Day!	15 ECC CLOSED President's Day	16 Immunization Clinic 9am @ Health Center *Thrift Store Mtg 1pm @ Makwa Hs	17 Story hour @ Bayfield Library 10:00 am **Tribal Council Meeting 4:30pm	18	19	20 Benefit for Lorine Spinner 12- 3pm @ Elderly
21	22	23 Breastfeeding Support Group 10am @ Clinic	24 Story hour @ Bayfield Library 10:00 am FAMILY NIGHT! 5PM @ ECC	25 Pow Wow Mtg 6pm @ Elderly	26	27 Kids Ice Fish- ing Contest-- Thompsons West End Park (Washburn) @ 11am
28						

BE MY
VALENTINE!

BE MY
VALENTINE!

Home Base News

February 2010

Winter Fun Play Day

Friday 2/12/10

10:00am~12:00noon

We would like to wish Karen Goodlet-Newago good luck in her new job as a center-based teacher. Her humor, creativity and smiling face will be greatly missed by families and staff!

Happy Birthday
wishes

11th ~ Robert Morris

Home Base Parent Educators

779-5030

Cindy - ext 238

Phoebe - ext 236



WAABOOZ NEWS

I want to welcome

Karen into the Waabooz room,
we are very lucky to have her
talents with our babies, and the
kids already know her, so we are
very thank-full that it worked out for
all of us, and the children will grow
with the development.

of the teachers and
creative curriculum ,

and we are just a second
step for your children. We are
so thank-full for the first TEACHERS,
You the parents.

I would like to talk a
little about what Chels
been up to she is carry
a big load at school, to be
come a teacher, good job
Chels, she has two children,
and another on the way,
we like and appreciate all
you do for our little ones..

We have been working on the Bayley
is a developmental tool to see
where they are, and Dawn Nixon
will get the results to us.

Language is a big part of our
development . The children like the
finger plays and songs so when you
are changing or playing do a little
song or play, we are doing the
hello song everyday, they clap and
wait for name to be said. If you have
a special song or play please bring
in. This will bring out the expressive
language, and receptive.

The news of the Waabooz.

Chels, Karen, Teresa

Amik News

We hope everyone is staying safe and warm with the weather being so cold and icy roads. Don't forget to dress your child appropriately for the weather we try and go outdoors daily.

These are a few new things we are working on at school, allowing extra time for them to practice their dressing and undressing skills, getting to know the potty and the bathroom routine, playing with stickers, using scissors properly, and many different sensory play opportunities at table time. Please allow them to do these at home. Parents remember you are your child's first teacher.

Happy Valentine's Day!

Ecc is closed Feb. 15 2010

Thanks parents for taking extra time and filling out all the paperwork that comes with your child enrolled at the center.

Zarianna uses her spoon and fork with little reminders.

Kylie draws and makes circles big and small.

Miley takes care of the baby dolls.

Ava plays with cool whip.

Chloe likes to play with the shaving cream.

Elizabeth enjoys looking in the window at the babies.

Maliyah likes circle time –reading books and singing songs.

Minosay likes table time playing with stickers.

Linda and corky

Makwa Room

Parents we go outside every day so please dress your child appropriately. Also make sure your child has extra clothes. In the month of February we will be working on these following tasks: counting and touching objects, naming familiar shapes, saying first and last name, turn taking, sorting, recognition of colors, shapes, and letters. Also towards the end of the month we will be working on using a knife and pouring into a cup. When we start these last two tasks we will let you know.

Parents: You are your child's first teacher. Please work on these tasks at home as well as having conversation about your child's day, turn taking, make sure to let your child do tasks themselves to help them gain independence.

No School February 15th!

Here is what your child enjoys doing:



Alivia– loves to play with the lock box
Hailen– loves to play with the step stones
Max– loves to play with the dinosaurs
Quintin– loves to play with the balls
Logan G.– loves to play with the flashlights
Logan A.– loves to play with the big trucks
Jasmine– loves to play dress-up
Madelyn– loves to cook food for her babies

Please feel free to contact us with any questions or concerns.
Jamie and Fred

Esiban News

Wow, January is gone already!

We have so many new skills we began working on last month and are achieving them left and right! All the kids are serving themselves at meal times and doing a wonderful job. Some children can pour their own milk, while the others look on and keep practicing! Our new motto is “no tears over spilt milk”! Everyone is sitting on the potty at bathroom time. This is a huge success! Some of our little friends have begun peeing and pooping on the potty while others are actually sitting on the big fearful thing we call the toilet!

Thanks to all who have been bringing in all your children’s outside gear, calling in when your child will not be here and signing in. These small tasks that you do are huge parts of making our day go great!

Keep up the great work!

Jessie Gurnoe is working in the Esiban room with us. She is in the classroom from 8:00-10:00 and again at 1:00-5:00. Welcome Jessie; we are glad you have joined our classroom!

Please don’t hesitate to call if you have any questions or concerns. Have a Happy Valentine’s and stay warm!

-Nadine, Amber and Jessie



Boozhoo from the Migizi Room

Another month has come and left January was pretty cold so we couldn't go outside much. February hopefully will be warmer so please make sure your child has all the clothing needed for outside play.

We're going to be spending a few weeks this month talking about "Safe Touches, Unsafe Touches, and Unwanted Touches". I'm sure your child will be speaking about these touches with you. It's very important to speak with your child about these different touches. To reinforce the touches we will be using puppets and The Talking about touching" curriculum. Songs will be sent home so have your child practice them with you.

Projects the next few weeks will follow a valentine theme. Our letter this week is cont. of letter Ll. We will practice our name writing, and letter, number identification.

We appreciate your calling us when your child won't be coming to school. We have to report to the county different types of illnesses that are going around the area.

Miigwech

Diann, Tracy, Patsy

Aandeg: Loves to play
 with trucks and cars
 Alexia: Enjoys dressing
 up in the dramatic play
 area
 Piper: Works hard with
 her hands on Art
 projects
 Heaven: Uses her mind
 to work on difficult
 puzzles
 Sequoia: Loves playing
 house with her friends
 Arthur: Enjoys learning
 about the planets
 Landon: Uses his brain
 to work with tools and
 fix things
 Wyatt: Uses his hands to
 paint
 Animikiikwe: Enjoys
 coloring pictures for her
 family
 Brian: Loves to build
 towers with blocks and
 count
 Kiana: Enjoys playing
 with games with her
 friends
 Trinity: Enjoys helping
 others
 Zachary: Loves playing
 with trucks and cars
 Jordan: Enjoys playing
 and running outside
 Jade: Using her hands to
 work on projects
 Megan: Uses her hands
 to color and paint
 pictures
 Xzavior: Loves to read
 books

February

Namebini-Giizis (sucker fish moon)

Maiingan Room



Dear Maiingan Families,

We have been very busy in our classroom learning
 about healthy choices for our bodies. Some topics that
 we will be talking about are healthy food choices,
 eating healthy fruits and vegetables, using our helping
 hands, and using our healthy bodies for exercise. Also,
 introducing the letter "H". We will be having a
 Valentine's Day Party on February 11, 2010. **For**
Valentines that will be brought in by kids please just
fill in who they are from not who they go to. This
 saves on time and distributing them. There are 17
 children in the Maiingan room. We will be decorating
 festive bags for our party; we look forward to having
 lots of fun! Thanks for the understanding.

Here are some favorite things Maiingan students love
 to do!

Thank you, Ms. Alicia, Ms. Barb, and Mr. Reggie



Happy Valentine's Day!

Love, Maiingan Room

Mashkodebizhiki Room



Boozhoo. The new year has begun and it brings a few new changes. The biggest change is our transition to full day/full year. As of February 1st we are a full day classroom going from 8:00 am to 2:00 pm Monday through Thursday. We are also going to be a full year classroom operating from September through July. All Head Start and

Early Head Start rooms will be under this schedule. This will mean that the bus will be coming earlier than it does now. It is important that all families remember to turn their signs to red or green so that the bus knows if it needs to stop. This will help keep things flowing smoothly and help get the kids to school on time. Also, please remember to call no later than 9:00 if your child will not be coming to school. This helps us with attendance and also helps us with our daily schedule.



Last month we worked on fairy tales and discussed snow and things related to winter. February brings with it dinosaurs and a lot of fun activities. We will also be having a Valentine's Day party on February 11th. A note will go home soon with the details. We are also closed on February 15th for President's Day.



Please remember to send your child to school with all of the appropriate winter gear. This includes snow pants, snow boots, a hat that covers the ears, a warm winter jacket and warm snow gloves (the knit mittens get really wet and little hands get really cold). We have been playing on the big "mountain" in the parking lot and the kids seem to have a blast.

Another little reminder is to please sign in every time you drop off or pick up your child. The sign in sheet is on top of the cubbies in our room. This helps us keep a current count of children and helps us with our inkind requirements.

We hope you enjoy your month!

Julie, Virginia and Jenn



ECC February Family Night

Traditional Storytelling

Wednesday, February 24th

5:00pm @ ECC



***Join us for Dinner and
traditional stories!!***

The background of the lower half of the poster features a large, detailed illustration of a turtle swimming in water. In the foreground, a small, round, woven basket or bowl floats on the water's surface. In the background, a small boat with a person inside is visible on the water.

NOTICE HEAD START

PARENTS!!!!

***We have two buses with
different bus routes...***

*Parents NEED to call the ECC
before 1:55 p.m. with ANY
changes to where their child
must be dropped off...*

**It is very important for each bus driver to
learn about where your child goes after
school to ensure they are on the right bus.**

If you have any questions , please call 779-5030 ext 243.



Notice parents

Each year both head start and early head start programs have to come up with a non federal share

of each of our grants. **We call this inkind.**

Inkind can be any assistance, services and donations that you give to each of our programs.

By signing in as you walk into your child's classroom you are giving us inkind!!!!

By signing these forms you are also adding your name to a monthly raffle!!!

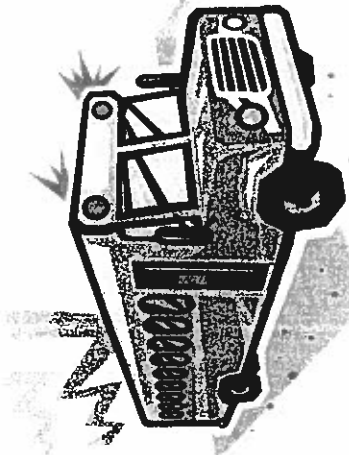
In the next couple of weeks we will be reviewing inkind forms and each time your name is on a form..... that is the number of times your name will be added to the raffle!!!!!!

**THE MORE TIMES YOU SIGN IN,
THE BETTER CHANCE YOU HAVE
IN WINNING THE RAFFLE**

**The first raffle will be a GAS
Card!!**

The next time you are at the ECC remember to sign in and could be a winner!!!!!!!!!!!!!!

REMINDER!!



Parents/designated adult **MUST ESCORT** their child
to and from the bus!

Children that are unaccompanied will not be picked up or
dropped off and then returned to the ECC.

This is a huge safety precaution;
it is important to escort your child to and from the bus!



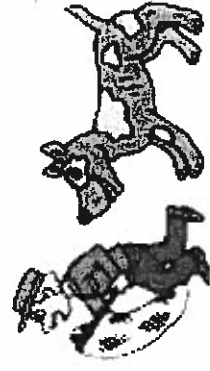
Effective Immediately!!

Due to the numerous complaints in our housing, live traps will be set to catch any loose animals (dogs).

IF no one is there to claim the animal(s), they will be transported to Superior Kennels. It will be the owners responsibility to pick up and claim your pet(s).

All transportation and care costs will be your responsibility!!

If you have any questions or need additional information, please contact the Red Cliff Wardens @ 779-3732 or the Red Cliff Housing @779-3744.



dog trap letter

2/17/2010

Are you and your children up-to-date?

Immunization Clinic

**Red Cliff Community
Health Center**

February 16, 2010

9:00am-4:00pm

**Please call Salena at ext. 233 to make
an appointment**

The Red Cliff Health Center still has
H1N1 vaccine available.

If you have not already received this
vaccine it is still recommended that
you get one.



Why immunize?

Simply put, vaccines save lives. You have the power to protect your baby from dangerous illnesses like measles, tetanus and hepatitis. Being a parent is a big responsibility, and the best thing you can do for your child's health is to learn the facts so that you can make the best choices

Making the decision

Vaccines prevent serious diseases and have helped to lower the rates of these diseases in the U.S. By getting vaccinated, individual children receive protection from these diseases.

Vaccines also help to protect communities by slowing or stopping disease outbreaks. This is especially important for children who cannot be vaccinated because they are too young, too sick, or do not respond to vaccines.

If you, your infant or your adolescent are due for immunizations please call the Red Cliff Community Health Center to schedule an appointment. 715-779-3707 ext. 233



ASHLAND BAYFIELD COUNTY SPORTSMEN

10th Annual 

Kids' Ice Fishing Contest

Where: Thompson West End Park, Washburn

When: Saturday February 27th, 2010

11AM – 2 PM

FREE to all kids ages 5-15

Two age classes 5-9 & 10-15

Categories of Fish

~Perch ~ Northern ~ Trout ~ Other ~

✓ First 200 Kids get Prizes

✓ Trophies for top 3 largest fish in each category

✓ REFRESHMENTS, PRIZES, FUN!

Holes will be pre-drilled or drill your own in designated area only!

Bring your own poles & tackle

Live bait will be provided

REGISTER AT PAVILION before going on the ice!

Volunteers Welcome

Call David Hyde 373-2088

Sponsored by your ABC Sportsmen Club

Mount Ashwabay Ski and Recreation Area

Located three miles south of Bayfield, Mt. Ashwabay offers both cross-country and alpine skiing in a magnificent setting, featuring stunning views of the Apostle Islands National Lakeshore and the Chequamegon National Forest. Cross-country trails cover 35 km of wilderness trails with ratings from beginner to expert. All trails are groomed and tracked as needed. The beginner's trail is the picturesque Sugar Bush Trail. Intermediate terrain can be enjoyed on Anchor, Seagull and Raven trails. Advanced skiers can venture out on the longer 15 km loop, which combines Sugar Bush, Deer Path and Raven trails, returning to the Mt. Ashwabay chalet. Food, lounge, instruction and equipment rental are available at the chalet. The Ashwabay trails require users to purchase a daily or seasonal pass. These passes may be obtained at the Mt. Ashwabay Chalet. Trail user fees and donations made to the Ashwabay Education Foundation, earmarked for crosscountry ski trail maintenance, will go a long way in keeping this entire network groomed for your enjoyment. Call (715) 779-3227 for more details.

Report by Lida Malmgren and John Telford: January 27, 2010

Cross Country Report:

Base 24", 12" new, all trails groomed and tracked. 100% Open.

Downhill Report:

Base 30", 12" new, groomed and tilled. 100% Open Wednesday (10-9pm), Saturday (9:30-4:30) and Sunday(10:00-4:30).

Tubing Hill:

Open 12-4 on weekends.

Mt Valhalla Winter Sports Area

Ten miles west of Washburn, on County C, is the Valhalla Winter Sports Area nestled in the Chequamegon National Forest, offering two sets of cross-country ski trails developed and groomed by the U.S. Forest Service. The three Valkyrie loops run through red and jack pine forests, with magnificent views of the area on the Sun Bowl Loop. The Teton Ski Trail also features three loops in a mixed birch and maple forest with a roller coaster near the end of loop "B". The entire Teton Trail is groomed for skating. County C runs between Valkyrie and Teton with parking area and rustic chalet on the Teton side of C. Please contact the Chequamegon-Nicolet National Forest office in Washburn at (715) 373-2667 ext 238 for more details.

15th Annual Apostle Islands Sled Dog Race

The 15th Annual Apostle Islands Sled Dog Race will be held on Saturday and Sunday, February 6th and 7th, 2010. Races begin at 10:00 am Saturday and Sunday with half of the total race distance completed each day. There are two main races: an 8 dog, 80-mile race and a 6 dog, 60-mile race. A 40-mile Sportsman's Race and a 16 and under 8 to 10-mile Family Race will also be held over the weekend. Visitors can enjoy multiple spectator locations with amenities including warming tent with concessions and bonfire.



ART CONTEST

Celebrate
Conservation
Through The Arts!
Students K-12
Junior Duck Stamp
ART CONTEST

Ya' gotta' be in it, to win it!

Free Program!

Saturday, February 6th 2:00 PM



Above - 1st place - Lily Spang, age 16, of Toledo, Ohio (male wood duck).

PRIZES will be awarded for 1st, 2nd and 3rd place as well as for the winner of the conservation message!



It's that time of year again to start thinking about an entry to the 2010 Federal Junior Duck Stamp Art Contest.

Join Kevin Lowry, Whittlesey Creek NWR, in the NGLVC's theater as he provides students with the opportunity to learn about wetlands, waterfowl, and great tips for your artwork. He

will also inform us about what judges look for during the selection process!

Teachers are encouraged to attend!

Open to homeschoolers!

Have fun expressing your knowledge of the beauty and diversity of wildlife through art!

The Federal Junior

Duck Stamp Art Contest is an annual art contest that teaches wetlands and waterfowl conservation to students in kindergarten through high school.

Entries must be postmarked on or before March 15, 2010.

For more information, call Kevin Lowry at 685-2645.

Discover Wildlife Conservation Through Art

The Junior Duck Stamp is produced by the U.S. Fish & Wildlife Service to recognize the

conservation efforts of young people while supporting environmental and

conservation education programs in the United States.

ABC FAMILY RESOURCE CENTER



210 MacArthur Ave Ashland, WI 54806 715-682-2540 abcfr@centurytel.net

FEBRUARY HAPPENINGS

The Family Resource:

- **Family fun**
- **Parenting help and information**
- **Drop-in times**
- **Support**

Hours

**Open for drop-in
Tuesday - Thursday:**

11 am - 5 pm

**Phone calls only:
Monday & Friday**

Conscious Fathering Class

Tuesday, February 9th
6:30 - 9:00 p.m.

Washburn Public Library

Monday, February 15th
6:30 - 9:00 p.m.

Memorial Medical Center
North/South Twin
Island Room

Dads specially invited to
learn and practice ways
to take care of their
baby's physical and
emotional needs.

Moms are welcome too!

Workshop

Parenting the "Spirited Child"

Monday, February 22nd,
6 - 8 pm

"Spirited children" can
challenge parents with
their energy and activity.
Learn more about why
they do what they do, and
how to manage their
behavior and make the
best of that spirit.

Sign up by Feb 16th.
Call Gayle for more
information.

ABC Family Resource Center

Laugh & Learn

Trace & Decorate Self Portraits

Saturday, Feb 27th
10:30- 11:30 am

Come with your children
to trace and decorate
their life-size portrait.
Snacks provided.

ABC Family Resource Center

Laugh & Learn

Valentine Twister

Thursday, February 4th
10:30 - 11:30 a.m.

Twister for the young at
heart!

Washburn Public Library

Interactive Story Telling with Mr. Mitchell

"Mrs. Lincoln's Shawl"

Thursday, February 18th
10:30 - 11:30 a.m.

Take part in interactive
story telling.

Washburn Public Library

Valentine Creations

Friday, February th
3:30 - 5:00 pm drop in,
preschool through
elementary. Kids love to
make their own
Valentines. We provide
the materials and the
snacks.

ABC Family Resource Center

ABC Family Resource Center
will be closed when the
Ashland Schools are closed
due to bad weather.



Parenting the "Spirited Child"

Monday February 22nd, 6 – 8 pm.

"Spirited children" can challenge parents with their energy and activity. Learn more about why they do what they do, and how to manage their behavior and make the best of that spirit. Sign up by February 16th. Call Gayle for more information.

at ABC Family Resource Center

Conscious Fathering™

New dads or dads to be are invited to learn basic baby care: feeding, holding, burping, changing, dressing, and comforting. Moms are welcome too! Tuesdays, February 9th, or March 9th, 6:30-9 pm

Both at Washburn Public Library.

Monday February 15th, 6:30 – 9 pm

at Memorial Medical Center

Call Tom for more information.



Parenting in Blended Families

Mondays, March 8th, 15th, 22nd. 6 – 8 pm

A parenting class designed to help parents, stepparents, or significant others deal with challenging issues like forming a new family, communication, loyalties, discipline, and power struggles. Free childcare provided. Sign up by March 2nd.

Call Jan or Gayle for more information.

at ABC Family Resource Center

Baby Signs

Thursday, March 11th, 11am - 12 pm

For parents with babies 7 months or older (but parents can learn early to get ready for that time). Communicate with your baby before your baby can talk. Call Cookie for more information.

at ABC Family Resource Center

Laugh & Learn

Valentine Twister

Thursday, February 4th, 10:30 - 11:30 a.m.
Twister with heart for little people.

Story Telling with Mr. Mitchell **"Mrs. Lincoln's Shawl"**

Thursday, February 18th, 10:30 - 11:30 a.m.
Take part in story telling magic!

Both at Washburn Public Library

Valentine Creations

Monday, February 8th, 3:30 - 5 pm drop in, preschool through elementary.

Kids love to make their own Valentines.

We provide the materials and the snacks.

Call Gayle or Tom for more information.

at ABC Family Resource Center

March

Laugh & Learn

Drum 'n Dance

Thursday, March 4th, 10:30 - 11:30 a.m.
Make noise and dance to it!

Story Telling with Mr. Mitchell **"Kites"**

Thursday, March 18th, 10:30 - 11:30 a.m.
More story telling magic!

Both at Washburn Public Library

Groovy Green Food

Monday, March 5th, 10 - 11:30 am

Be Irish for a day and make and eat green food!

Call Jan for more information.

at ABC Family Resource Center

Family Music Night

Monday, March 16th, 6 – 7:30 pm

An evening of music making for everyone.

Call Gayle or Tom for more information.

Sign up by March 10th

at ABC Family Resource Center

Ongoing Resource Center Programs

Home Visiting Program

A Family Resource Center staff member visits with you to share information and resources about child development and parenting specific to your situation, and offer support and resources during challenging times.

We also use the nationally known Healthy Families America program and Growing Great Kids curriculum for parenting of preschool children.

Please call if you would like a visit or more information.

Parent Resource Room

Look at, take, and check out parenting and child development resource information.

Also, use our computer and phone, to do apartment or job searches, make resumes, get copies, or fax!

We can assist you during drop-in times.

Tuesdays – Thursdays

11 am to 5 pm or by appointment

Stewards of Children

Adults protecting children from sexual abuse.

A free training opportunity for youth group workers, coaches, child care workers, parents, and any others interested in protecting children.

Call Barb or Amanda to discuss arranging training for your group.

Looking to volunteer?

Opportunities include providing childcare during classes, serving on the Parent Advisory Board, helping with Center projects, and planning a workshop or play time event.

Please call Jan for more information.

Ages and Stages

Developmental screening available for children ages 4 months to 5 years. Call for an appointment with Gayle.

Self-regulation in Children - How Parents and Caregivers Can Help

(Adapted from www.parentsasteachers.org and www.zerotothree.org).

Self-regulation is a child's ability to focus attention and control behavior. A child must *understand* what is asked of her in a given situation, *monitor* her own behavior to see if it matches, and *maintain or change* what she is doing based on what she learns. A self-regulated child can focus on a task without being too distracted, and can make productive use of time alone.

The close relationship between caregiver and child helps to regulate emotions and actions. Early relationship attachment develops because a child learns to trust the caregiver to fulfill her needs. He can rely on consistent care and attention, so he learns to quiet and control himself.

Caregivers can model language for a child to use. An adult describing what a child is doing helps her connect her actions to words. Soon he may use "self-talk" to help control his behavior. Self-talk is private speech in which the child "reminds" herself what to do. As a child's language and emotional development progresses, caregivers encourage him to use words to express feelings, instead of only acting on them.

When a child breaks down, he is telling you that he is having trouble coping. When you comfort her, you help her learn how to soothe herself - an important life skill. This is not spoiling or giving in. It is helping him learn how to deal with disappointment and frustration.

There is an important difference between spoiling and soothing. If a child throws a tantrum when a caregiver says "no" to TV and then the caregiver gives in to TV watching, that is giving in. The child is learning that a tantrum is a successful way to get what she wants. But if the child hears that it's OK to be disappointed and angry (but a rule is a rule), and then is helped to calm down and begin another activity, he is learning how to cope with disappointment.

(Adapted from www.parentsasteachers.org and www.zerotothree.org)

Car Seat Safety Check:

8 Common Mistakes You Must Avoid

The scary truth is that four out of five safety seats are used incorrectly, with an average of three mistakes per seat, reports the Washington, D.C.-based National Safe Kids Campaign. And mistakes can be deadly. Consider these chilling statistics: In 2001, nearly 500 children under age 5 were killed in car crashes, and more than 200 of those kids were in car seats designed to save their lives. And as many as 31,700 kids were injured--in car seats. Luckily, there's something you can do to make your child safer: Find out whether you're making any of the mistakes detailed in this article--and fix them today.

Mistake #1

Seat too loose in the car

Test your seat: With both hands, grasp the car seat at the base, near where the vehicle's safety belt passes through the seat. You shouldn't be able to move the safety seat more than one inch to the left or right, or forward. If you can, it's not tight enough. This is the number-one mistake parents make, according to car-seat inspectors.

The danger: In a collision, a child in a loose seat could crash into the back of the front seat and seriously injure her face or head.

Fast fix: Place your knee in the seat, and put all your weight into it (use your arm for an infant seat), tightening the seat belt as much as possible. Then lock the seat belt--a step that many parents miss. If you have a pre-1996 car, it may not have adequate belt-locking capabilities and you'll need to use a locking clip, says Joseph Colella, Safe Kids' child-passenger-safety training and technical manager. Most safety seats come with one.

Don't forget to engage your car's seat belt lock. Shoulder-belt locks work differently than lap-belt locks do, so check your car manual for instructions. The mechanism shown here is standard on many lap belts.

Mistake #2

Harness too loose on the child

Test your seat: "If, after you've tightened your child into his car seat, you can still pinch the fabric of the harness straps between your fingers, the harness is too loose," says Stephanie Tombrello, executive director of SafetyBeltSafe U.S.A., in Torrance, California.

The danger: "A child who's loose in his harness can easily come out of his seat in a crash," Tombrello says. The child could then be severely injured if he hits part of the car's interior or another passenger. The worst-case scenario: the child is ejected from the vehicle altogether.

Fast fix: Tighten the harness. Keep in mind that the straps should be snug and have no slack.

Mistake #3

Infant turned face-forward too soon

Test your seat: All children should remain rear-facing at least until they turn 1 year old and weigh 20 pounds, according to the American Academy of Pediatrics. But 30 percent of infants are turned around too soon. "Many people mistake the 'and' in this guideline for an 'or,'" says Michael Sachs, M.D., a Los Angeles pediatrician. "Babies need to fulfill both requirements--weight and age--in order to be forward-facing." In other words, no baby should be turned face-forward before his first birthday. If your baby weighs less than 20 pounds on the day he turns 1, keep him rear-facing until he reaches the recommended weight.

The danger: The bones that protect an infant's spinal cord are still forming. When a child is rear-facing, his back--the strongest part of his body--can better absorb the immense forces of a crash. Facing forward, an infant's relatively heavy head can catapult forward, causing his underdeveloped spine to expose his spinal cord and putting him at risk of paralysis or death.

Fast fix: Follow the rules. Keep your baby rear-facing until he's at least 1 year old and 20 pounds.

Car Seat Safety Check:

8 Common Mistakes You Must Avoid

Mistake #4

Rear-facing infant seat not at a 45 degree angle

Test your seat: Many infant car seats have a built-in level that tells you when your seat is at the wrong angle. More often than not, seats are installed in a position that's too upright. If your seat doesn't have a level, try this: Fold over a square piece of paper to form a triangle, then place the longest part of the triangle up against the back of the car seat--where your infant's back rests--and eyeball the uppermost edge of the triangle. If it's basically parallel to the ground, you're okay. But if it's noticeably tilted in either direction, then you have some adjusting to do.

The danger: An infant's airway is very narrow--about the diameter of a soda straw. If your rear-facing seat leans too far forward, your baby's disproportionately heavy head could fall forward, cutting off her airway so she can't breathe.

Fast fix: While most rear vehicle seats are sloped toward the back of the car for the comfort of adult passengers, safety seats are designed to be installed on a flat surface. However, many safety seats are equipped with an adjustable pedestal to overcome this. If yours doesn't have one, do what technicians do at car-seat checks: "We place sections of a cut-up swimming-pool noodle under the area where the baby's feet rest," says San Diego police officer Mark McCullough, a certified child-passenger-safety instructor. "Tightly rolled-up towels also work well."

Mistake #5

Using the retainer clip incorrectly

Test your seat: The retainer clip should be at armpit level, resting across your child's breastbone. The clip assures that the harness straps are in the right place.

The danger: When the retainer clip is in the wrong place, the straps can easily slip off a child's shoulders, and the child is at risk of being ejected from her seat in a crash.

Fast fix: Parents often move the clip as they maneuver their child out of the seat, so check the clip's position every time you buckle up.

Mistake #6:

Harness straps through the wrong slots

Test your seat: Most convertible safety seats are designed with three sets of harness slots: The lower two sets are for the rear-facing position, and the top set is for the forward-facing position. On most seats, once the seat faces forward, only the uppermost slots have the extra reinforcement necessary to keep the harness secure in a collision. Yet parents often turn the seat around without adjusting the straps.

The danger: When the child faces forward, a harness in the lower slots can break through the seat during a collision.

Fast fix: Always check the instructions that came with your seat to find out which slots are for what.

Car Seat Safety Check: 8 Common Mistakes You Must Avoid

Mistake #7

Not using a booster seat

Take the test: Any child between 40 and 80 pounds and up to 4'9" tall (generally, kids from 4 to 8 years old) needs to ride in a booster seat, which lifts him up higher so that the car's seat belt fits him properly. (And no child under 13 years old should ever sit in the front seat.)

The danger: An adult seat belt used by itself doesn't properly restrain a child because it crosses her body at the wrong spots: high up on her belly, high up across her shoulder--and sometimes even across the neck. Children often move the shoulder belt behind them because it's uncomfortable. In a crash, a child who's too small for a seat belt can sustain massive internal-organ damage or head and spinal injuries, and can even be ejected.

Fast fix: Go out and buy your child a booster seat today.

Mistake #8

Using a seat that's been recalled

Test your seat: Over the past five years, millions of safety seats have been recalled, but many of them are not repaired or replaced. Check yours against the list of recalled seats maintained by the National Highway Traffic Safety Administration (NHTSA). You'll need to know your safety seat's model name, model number, and manufacture date, all of which are on the seat.

The danger: Car-seat recalls occur for a variety of reasons, including faulty latches and flammable seat fabric. While some recalled seats don't pose a fatal danger, many do. A faulty buckle could easily lead to disaster.

Fast fix: If you discover that your seat has been recalled, contact the manufacturer for further instructions. And never buy a car seat at a garage sale or a secondhand store, since it may have been recalled or involved in a collision.

If you ever need a car seat check or more education on safety seats, please call or stop by the ECC Family Services office and see Nicole Boyd or Patt Kenote-DePerry.

The Family Services Office is located in the trailer in the ECC parking lot or call 779-5030 ext 253

Safety Seats are available at no cost to ECC Families!

All children attending the ECC should be in a safety seat in the back seat of the vehicle!

Miigwetch for keeping your child and our community safe!

Eight Double-Duty Healthy Foods for Toddlers

When every bite counts, you want to serve your toddler healthy foods that cover a bunch of nutrition bases.

Cereal. What toddler doesn't love crunching on breakfast cereal? And because cereal is fortified with upwards of ten (and often more) vitamins and minerals, including iron, cereals can pack a lot of nutrition into a breakfast bowl. Of course, not all cereals are created equal. To get the most nutritional bang for your bowl, look for cereals with around three (or more) grams of fiber and eight (or fewer) grams of sugar. Add some milk, and this nets your tot some extra calcium and protein.

Lean ground beef. Hamburgers, meatballs, meatloaf, and ground beef added to spaghetti sauce and chili are all potentially healthy foods for toddlers. That's because all of these forms of lean ground beef are excellent sources of protein *and* they contain the most easily absorbed form of iron (called heme iron). To keep the saturated fat to a minimum, get the leanest meat possible. Try top round steak, which should be less than ten percent fat, and have the butcher grind it for you. Or grind skinless turkey or chicken breast, which also contain heme iron, but are leaner than beef, with less than one percent fat.

Eggs. Low in calories (about 70 calories per medium egg) and high in protein (about six grams), eggs also contain choline, the building block for a neurotransmitter called acetylcholine, which is important for muscle control and memory. What more, now you can also find eggs fortified with omega-3 essential fatty acids, which are important for brain and heart health. As a bonus, eggs are versatile, so you can present them in many different ways to entice a picky toddler. For instance, scrambled eggs are the ideal finger food for a younger toddler, and they are easily speared on a fork for an older toddler who's learning to master utensils. Or make eggs more interesting — and more nutritious — by stirring in pureed vegetables to give them a different color. **Note:** Because eggs are high in cholesterol, if your toddler is on a reduced-cholesterol diet, ask your pediatrician if she can have eggs, and how frequently.

Beans. Like eggs, beans wrap up a lot of nutrition in a tiny package. For starters, they provide a ton of fiber (there's a reason they're called the musical fruit, right?) as well as iron and protein. And, again like eggs, beans are versatile and extremely kid-friendly. Use them in healthy foods such as soups, chili, soft tacos, served solo as finger food, or pureed as bean dip or hummus with some whole-grain pita strips on the side.

Pizza. Surprised to find pizza on this list of healthy foods for toddlers? A slice can actually be quite nutritious. Check it out: Made with enriched flour (or better yet, whole-wheat flour), it's a good source of B vitamins (including folic acid) and iron. And the tomato sauce is a good source of vitamin C, which boosts absorption of the iron in the flour. Then, there's the cheese, which provides protein and calcium. One trick to making pizza healthier: Blot it with a paper towel to absorb excess fat before handing the slice to your child. Even better, if your tot will tolerate it, try topping the pizza pie with mushrooms, broccoli, or peppers.

Peanut butter. A perennial kid favorite, peanut butter is high in protein (about eight grams in two tablespoons) as well as B vitamins, fiber, and minerals like magnesium and potassium. And though it's also high in fat, the majority of the fat is the healthy monounsaturated kind. Make peanut butter even more nutritious by spreading it on whole-grain bread with fruit (bananas or berries) instead of jam. A big caveat with peanut butter is that many children are allergic. While the American Academy of Pediatrics no longer recommends avoiding peanuts to prevent allergies, if your toddler has already demonstrated a peanut allergy, you'll want to steer clear because severe peanut allergies can be life threatening. Also, remember that sticky nut butters can be a choking risk, so spread it on thin.

Fruit smoothie. Serve this in a tall glass with a crazy straw and call it a milkshake, or freeze it a bit, then dish it into a bowl with a spoon, and present it as "ice cream," and your child won't care that she's eating one of the healthiest foods for toddlers. Make it with low-fat yogurt and milk for protein, calcium, and vitamin D. Then blend it with your child's favorite fruit — good choices include blueberries, strawberries, or raspberries because they're rich in antioxidants and fiber. Tasty tip: Use frozen fruits to give the smoothie an even more ice-creamy texture.

Avocado. A fruit that eats like a vegetable, avocado is packed with heart-healthy monounsaturated fats. Plus, it contains fiber, folate, and several vitamins, including A and C, making it a super health food for toddlers. Serve avocados chunky (finger-food style) or mash it up in a guacamole recipe that you present with some pita triangles for scooping.

Chicken Stroganoff

The chicken version of the beefed up favorite. It's full of delicious mushrooms and onions, ready to serve over a bed of rice or noodles.

25 minutes to prepare and cook

Ingredients

16 oz chicken breast, cooked
16 oz mushrooms, sliced
2 medium onions, diced
1 T butter
1/2 cup light sour cream
1 can cream of mushroom soup
1/2 cup skim milk

Directions

Melt butter in large skillet. Saute mushrooms and onions until tender. Add chicken, sour cream, soup and milk. Mix well. Simmer over med-low heat until bubbly. Salt and pepper to taste. Also great with a dash of ground red pepper or hot sauce. Serve over rice or hot egg noodles.

Makes 6 servings.

Number of Servings: 6

Recipe submitted by SparkPeople user TINKERSPELL.

Number of Servings: 6

10 ALTERNATIVES TO WATCHING TELEVISION, COMPUTERS AND ELECTRONIC GAMES:

1. **Scavenger Hunt.** Create a list of items your child will likely find on a scavenger hunt either inside or outside of the house. Provide the list (with pictures to help non-readers) and let them have fun.
2. **Feed The Birds.** Hang a bird feeder outside a window where your child can see the birds and squirrels. For older children, they can keep a log of birds making their way back to the area. An easy bird feeder can be made from milk cartons that have been carefully cleaned.
3. **“Dancing With The Stars”.** Let your child be the “star” and put some music on for dancing fun.
4. **Take a hike,** walk or bike. Do anything outdoors.
5. **Explore your community.** Choose a new place in your community to explore and learn. Warren County offers numerous historical places to learn about our past.
6. **Read A Book.** Visit your local library for story time or start a book club for your child. Book clubs are fun at any age. Choose a book that everyone can read and get together for discussion, friendship and fun.
7. **Hobbies.** Do you have a hobby that you can share with your child or has your child always wanted to take up a hobby?
8. **Game Night.** Pick a night and get out the board games for some good old fashioned family fun.
9. **Volunteer.** Get together as a family and decide to help out in the community. Picking up trash in a local park, cooking for the soup kitchen, participate in a walk or run to raise money for a cause you believe in.
10. **Daydream and get bored!** This is when we use our imagination. Let your brain go wild and create its own stories and tales. Some daydreams you may want to write down, after all, all the great artists, writers, actors, musicians had to have time to create-and so do your kids!

Power Down-Dream Big



Are you interested in having your dog or cat "fixed" (sterilized)?

A new program can help!



Cost:

Female Dog	\$79.00	Male Dog	\$65.00
Female Cat	\$49.00	Male Cat	\$39.00

We will give you \$10.00 per pet to help with the cost.

Animals must have rabies shot (they can give for \$10). Animals will be picked up at a central location early in the morning, and returned to the same location the next morning.

Call Sue DePerry @ 779-9771 for more information, or to sign up.

TOPHEALTH®

The Health Promotion and Wellness Newsletter



Cottingham & Butler
CONSULTING SERVICES

FEBRUARY 2010

EATING WELL ON A BUDGET

Eating a healthy diet doesn't have to break the bank. **Try adding these items to your grocery list:**

Lentils and beans. High in protein, iron and fiber, they're a great replacement for meat. Stock up on canned beans and rinse before using to reduce sodium.

Frozen produce. It's just as nutritious as fresh. Bonus? Less worry about spoilage.

Canned fish. Think tuna, salmon and sardines. Fish can be a great source of omega-3 fats, which may help ward off heart disease. Canned fish is versatile too;

use it in fish cakes or pasta salads.

Eggs. High in protein and choline (a possible brain booster), eggs are a healthy bargain. Remove the yolks before eating if cholesterol is a concern.

Sweet potatoes. They surpass white potatoes for nutritional value and can be baked or added to stews.

Apples, bananas and oranges. Buy green bananas and they'll last you all week. If they get black or mushy, freeze them in plastic bags, then use later for smoothies or banana bread.



GREAT WHOLE GRAINS

Looking to add more whole-grain goodness to your diet? **Look closer at these delicious choices:**

 **Oats aren't just for breakfast.**

Try: oatmeal bread or fruit cobbler topped with oats and a bit of brown sugar. You can also replace up to half of the flour in a recipe with oat flour.

 **Brown rice is more nutritious than white.**

Try: brown rice in stir fry, a casserole or as stuffing for baked peppers or tomatoes.

(continued on next page)

DR. ZORBA'S LONGEVITY CORNER

Prostate Cancer: To Treat or Not to Treat?

Good news on prostate cancer: Recent research shows that conservative management ("watchful waiting") appears to be as good as surgery and radiation for early-stage, low-grade cancer. Surgery can have side effects such as incontinence and erectile dysfunction, and the benefits may be limited. **The bottom line:** If you have early-stage prostate cancer, don't rush into surgery, but do discuss the latest findings with your doctor.

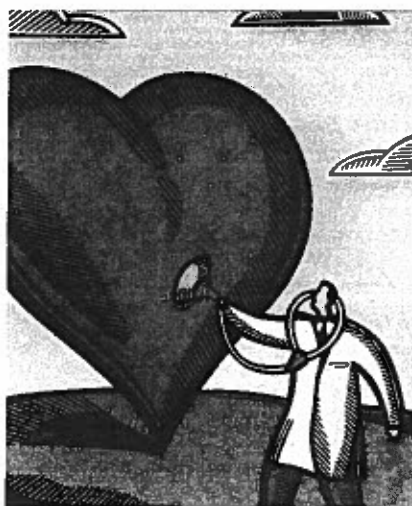
Latest Treatments for Heart Attacks



Cardiology has come a long way. **Here are some of the most helpful advances:**

Superior tools — Many hospitals now possess sophisticated equipment for the detection and treatment of heart disease, such as 24-hour cardiac catheterization labs for performing angioplasty (a procedure for opening blocked blood vessels).

Better understanding — Ongoing research is yielding state-of-the-art knowledge, from recognizing that



angioplasty is most effective if done within a few hours of the heart attack to knowing how best to treat patients with atypical symptoms.

Advances in care — Hospitals that participated in quality improvement initiatives, such as the American Heart Association's "Get With the Guidelines" program, have substantially boosted their care of heart attack victims.

Patient knowledge — Through public education programs, more people recognize the symptoms of a heart attack, understand the steps to take if one occurs and know to get to the hospital quickly — within one to two hours of the onset of symptoms — to maximize their odds of survival.

Progress continues — New technologies are constantly being developed to provide better patient care. Future advances may include cooling a person's body temperature to increase survival rates or growing new cells to replace tissue damaged by a heart attack.

WELL CONNECTIONS: Would you recognize a heart attack? Find a quick guide and more at www.personalbest.com/extras/heartfeb10.

WHOLE GRAINS... *(continued)*

- ③ **Barley is versatile and mildly flavored.** *Try:* cooked barley in soups, meatballs or salads that call for pasta.
- ④ **Spelt tastes similar to wheat but is sweeter and nuttier.** *Try:* spelt pasta, pretzels or crackers.
- ⑤ **Corn has been a staple for generations.** *Try:* whole-grain cornbread, baked tortillas or air-popped popcorn (minus the butter and salt).

Like vegetables, whole grains are packed with antioxidants, vitamins, minerals and fiber. New studies also show they may lower triglycerides, fight cardiovascular disease, and help control insulin and weight. So aim to make half your grains whole, meaning at least three or more daily servings of whole grains.

Weigh your options: Using products that are a mixture of whole and enriched grains? Some food manufacturers list whole grain content (in grams) in their labeling. Try to eat at least 48 grams of whole grains per day.

Quick Guide: Choosing a Health Care Provider

Be sure your insurance covers any health care professional you're considering. Check your health plan's list of network providers. You can also ask people you know for suggestions.

If you're new to an area, contact your local hospital, medical school or medical society. You can find a list of doctors through the American Medical Association and nurse practitioners through the American Academy of Nurse Practitioners. Verify licensure and other information through your state medical board. In addition, **consider the following questions:**

- How convenient are the office hours and location?
- How long does it take to obtain routine and urgent appointments?
- Is the practice affiliated with a hospital?
- Can lab tests and X-rays be performed in the office?
- How quickly are phone calls returned?
- How many providers are in the practice?

Next, set up an appointment to meet with the provider. During the visit, assess whether you're comfortable talking with the provider, if you're given enough time and if all your questions are answered.



"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not." ~ James Gordon, M.D.

DANGEROUS DESKTOPS. A recent study suggested that the norovirus (or what people often call "stomach flu") can be spread via a computer mouse and keyboard. To avoid this common gastrointestinal infection, wash your hands regularly — especially after using shared objects — and disinfect surfaces with diluted bleach. These simple precautions can be the "keys" to getting you through the winter with a clean bill of health.

Stop Eating Your Anger

Some people use food to calm their angry feelings; others find food a temporary distraction from that anger. If you realize that anger is driving your appetite, try handling it in better ways.

Some options:

Slow down and be sure you get the facts straight before jumping to conclusions or taking offense at others' behavior. Keep things in perspective: "I am just having a rough time now" is more reasonable than "the world is out to get me."

Avoid temptations to overeat. Don't carry change for the vending machine, and ignore the doughnuts in the coffee room. Talk to a friend when angry feelings arise.

Exercise. It's a great way to "burn off steam." Staying fit will help you handle stressful situations better.

Go easy on yourself. Often we turn anger on ourselves. Use frustrating situations as learning opportunities instead of criticizing yourself.

Practice patience. Changing habits takes time; even with your best efforts, you may occasionally fall back on using food to cope. For more support, try Overeaters Anonymous (OA), Take Pounds Off Sensibly (TOPS) or other programs that tackle emotional eating.



QUICK TICKER CHECK. A recent study of postmenopausal women under age 65 showed that resting heart rate can predict coronary health. Women with rates above 76 beats per minute were more likely to suffer a heart attack compared to those with the lowest rates (62 beats per minute in this study). To take your resting heart rate, sit quietly for five minutes (with no coffee in your system), take your pulse for 30 seconds and multiply by 2.

Report it: Give this information to your health care provider. This simple number, in combination with other measurements, could help you better track your heart health.

NEXT MONTH: PREVENTING ACCIDENTAL OVERDOSE

WELL CONNECTIONS: Take a QuikRisk™ Self Assessment at www.personalbest.com/extras/heartfeb10.

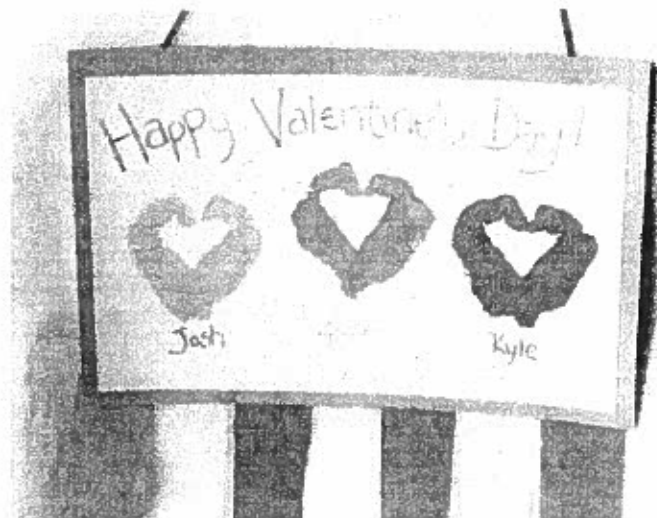
Valentine's Wall Hanging

Materials

- 1 sheet pink construction paper
- 9" x 12" piece of white poster board or cardstock
- Crepe paper streamers in festive colors cut into 14" lengths
- 18" piece of yarn
- Crayons
- Acrylic paints (we used light blue, red and pink)
- Scissors
- Tape
- Paintbrush

How to make it

1. Have child make a fist with both hands.
2. Start with the left hand. Use paintbrush to paint the side of their pinky finger and the side of the hand below it. Press onto the poster board to form the left side of the heart. Repeat these steps with the right hand, creating the right side of the heart. ([See image.](#))
3. Repeat step 2 for each child, use different colors if you like.
4. While the paint is drying on the poster board, wash off children's hands and cut the crepe paper streamers into 14" lengths. You will 7 all together. ([See image.](#))
5. When the painted hearts are dry, trim the poster board edge(s) to fit evenly onto the pink construction paper, this will be your framed border. Be sure to leave room above and below the hearts to write names and a greeting.
6. Glue poster board to the construction paper, and then trim construction paper if needed.
7. Use crayons to write children's names below their handprint hearts.
8. Use crayon to write Happy Valentine's Day above the hearts. ([See image.](#))
9. Turn paper over and tape the crepe paper strips to the back of the paper so that they will hang down from the bottom of the sheet. ([See image.](#))
10. Use tape to attach the yarn hanger to the back, trim with scissors if needed. ([See image.](#))
11. Hang up on a door or a wall for everyone to see! ([See image.](#))



Great Lakes Visitor Center Events

February 2, 2010; 10:00 a.m. – 11:00 a.m.

What's Under the Ice?

A World of Wonder Program

A wetland is a habitat and a special home for many critters. Explore what is active under the ice. Enjoy a fun make-and-take project! Children ages Birth to 5 years are welcome with an adult. Free interactive program, tailored to the needs of the age group. For reservations or information call 715-685-2640 or to e-mail [click here](#).

February 4, 2010; 9:30 a.m. – 11:00 a.m.

Energy Efficiency Programs Seminar

Bayfield County Economic Development Corporation

Focus on Energy presents information on energy efficiency programs, services and incentives available to eligible organizations throughout the state. Learn about assistance, training and financial incentives for businesses, schools and government facilities through Focus on Energy. Who qualifies for these programs?

Agriculture & rural businesses

Commercial businesses

Healthcare

Industrial businesses

Schools and government facilities

Apartments and condos

New business construction

Eligibility for Focus on Energy services is based on your utility company's participation in the Focus program. Xcel Energy and Dahlberg Electric are two regional utility providers that participate in Focus. Organizations qualify for assistance based on gas and/or electric providers.

To find out if your organization or residence qualifies for Focus assistance, call (800) 762-7077 or check your eligibility [online](#). Public invited; free program.

February 11, 2010; 7:00 p.m. – 8:00 p.m.

Sharp-tailed Grouse in Wisconsin: Avoiding the extinction vortex

Chequamegon Audubon Program

Scott Hull, upland wildlife ecologist with the WI DNR, presents the goals of new statewide management plan designed to boost sharp-tailed grouse numbers in the state. Sharp-tailed grouse populations in Wisconsin have shown steady declines over the last several decades. New DNA analyses suggest that this bird may be in even more trouble than was previously thought. Hull reveals details on an shaping partnership forming to accomplish this important work. Public invited, free event.

February 14, 2010; 2:00 p.m. – 4:00 p.m.

Paleontology: The Study of Ancient Life (Dinosaurs)

Sunday Science New Center Program!

Can you tell the difference between a dinosaur bone and a cow bone? Touch real T-Rex and other dinosaur bones borrowed from the Geology Department of the Milwaukee Public Museum. Make a dino-cast to take home and be part of a dino-dig. Class size is limited; please contact Dr. Mary Gruhl to register for this special program by calling 715-373-2703. Fee: \$1.00 suggested donation for materials. Grades K - 4.

Great Lakes Visitor Center Events

February 27, 2010; 9:00 a.m. - 5:00 p.m.

Quilting Retreat

Join award-winning artist, Anna VanDemark, for her quilting workshop, "Butterfly Bound," which combines the exciting techniques of fabric weaving, stenciling, and dimensional embellishment. Add decorative quilting and your result is a unique wall-hanging to be proud of! Gourmet lunch is included with this day-long workshop. Fee: \$70.00 per student. For a brochure and registration form, visit www.vandemarkdesigns.com. For more details, please contact Anna VanDemark at 715-762-4818 or e-mail avq@centurytel.net.

March 2, 2010; 10:00 a.m. - 11:00 a.m.

Winter Tracking

A World of Wonder Program

Bring your snow gear we're going outdoors! We'll find tracks around the Center. Warm up with an indoor track printing activity and take home a print of your favorite animal track. Children ages Birth to 5 years are welcome with an adult. Free interactive program, tailored to the needs of the age group. For reservations or information call 715-685-2640 or to e-mail [click here](#).

March 2 - April 13, 2010; 6:00 p.m. - 8:00 p.m.

Learn About Your Land 2010

Wisconsin's Lake Superior Basin Program




First in a series, learn the history of the basin area, from a regional perspective on the landscapes. Learn about your land and how it fits in the landscape especially surrounding vegetative cover, water resources, soils, etc. Computer resources are available for use to map your land. Go home with a map/aerial photo of your land. This series of six weekly classes are offered Tuesday evenings March 2nd - April 13th, 2010 (no session on March 30). Contact: Ruth Oppedahl, Lake Superior Basin Educator, University of Wisconsin Extension 715-685-2676 or to e-mail [click here](#).

March 6, 2010; 9:00 a.m. - 5:00 p.m.

Black Ash Basketry

Join Bad River Tribal member, April Stone-Dahl and learn about the harvesting process, styles and functions of baskets. Enjoy stories and more while preparing the raw materials and weaving a small basket to take home. One day cost: \$40.00 per person. Material fee: \$25.00 per person. To register please see www.woodspiritgallery.com.

Reading

	1 Decorate brown paper bags to use as puppets. Use them to help your child tell stories.	2 Read <i>Animals in Winter</i> by Hennaia Bancroft with your child.	3 Teach your child about traffic lights. Make edible traffic lights using crackers, peanut butter, and M&M's.	4 Talk about the letter C. Point out objects that begin with that letter.	5 Write your child's name on a strip of paper. Cut the letters apart. Help him put the letters back in the correct order.	6 Cut different shapes out of heavy paper. Have your child use the shapes to create a picture.
7 Sing a lullaby or talk song to your child.	8 Read <i>Colors Come from God...Just Like Me!</i> with your child in honor of Black History Month.	9 Help your child do something kind for a neighbor or friend today.	10 Teach your child to say "hello" in another language.	11 Give your child five of the same object (e.g., coins), take away one. How many are left?	12 Talk about Abraham Lincoln with your child. Make paper hats and beards to wear.	13 Talk to your child about love. Tell them three things that you love about them.
14 Cut out paper hearts with your child. Help them write a message to someone on them.	15 Cut out the letters of your child's name using sponges. Encourage her to use them to paint.	16 Dress up in costumes and have a parade for Mardi Gras.	17 Write the word "red" on a sheet of paper. Help your child point out all the red objects they see.	18 Have your child help set the table. Count the number of people in your family. How many forks do you need? Spoons?	19 Read <i>Brown Bear, Brown Bear, What Do You See?</i> Use chocolate pudding to fingerprint a picture of a bear.	20 Ask "what if" questions, such as "What if the grass were blue?"
21 Go on a healthy food hunt. Help your child cut out pictures of healthy food from a magazine. Glue them to a paper plate.	22 Talk about the letter D, then name animals that start with that letter.	23 Talk about the weather. Is it snowing? Is it raining? What will it be like tomorrow?	24 Play familiar music with your child. Sing, clap, march, and stomp your feet to the beat of the music.	25 Paint a picture together using only red, blue, and yellow. Teach your child to make more colors from the primary colors.	26 Place large numbers on the floor as "big pads." Have your child jump from pad to pad and call out the number.	27 Let your child turn the pages while you read a book together.
28 Look at a map of the United States together. Paint out where you live.						



Does your family member want to work in the community?
Are you unsure how or where to start?

Has your family member been struggling for “too long” to find a
job in the community?

Are you having difficulty advocating for your family member and
navigating “the system” to get the right employment services
and supports?

Join us to learn about a different approach!

Family-Led Employment

Creating the future together.

A Workshop Series Designed for Families
Ashland • Eau Claire • Marshfield

Funded by the Centers for Medicare and Medicaid Services, Medicaid Infrastructure Grant (MIG) –
CFDA N. 93.768, Wisconsin Department of Health Services/Pathways to Independence.

Real jobs, for real pay.



What is Family-Led Employment?

Family-Led Employment is an opportunity for a person with a disability, their family, friends, allies and services providers to come together to plan and undertake getting a successful job. The process, designed by Anne O'Bryan from the United Kingdom, is based on the *Team Building* and *Community Inclusion* work of Connie Lyle O'Brien and on the *Customized Employment* planning process advanced by Michael Callahan and other innovators such as Griffin-Hammis Associates.

The process begins with an invitation event, where families learn about the *Family-Led Employment* process. From this event, families may choose to **commit to a progressive series of 3 workshops held over the span of several months time (see schedule on the next page)**. Usually 5-8 families in each region decide to commit to the *Family-Led Employment* process. These families are asked to invite other family members, friends, allies and professionals to join their son or daughter's planning team. At each workshop, teams are taught specific "segments" of the process and collectively determine action plans with their teams. Between workshops, each team member is expected to do their part to prepare for the next "segment" of action planning.

The hoped for result of the *Family-Led Employment* process *is employment!* Real jobs, for real pay... without jeopardizing public benefits like Medicaid, and without "waiting" for a job! Families who have participated in this process have gained a greater sense of control and confidence about their family member's employability. Here is what former participants of *Family-Led Employment* workshops say about the process:

"We have been able to access a range of services that we didn't even know existed. [Participants name] has a great team behind him."

"Jen has always wanted a "proper job" and being involved in this project has enabled us to think this might be possible."

How do we decide if we want to participate?

Evening "Invitation Events" will be held in order to introduce families to the *Family-Led Employment* process. You can make your decision to participate in the *Family-Led Employment* process after attending an "Invitation Event." At the "Invitation Event," you will be able to network with other families who are also considering the *Family-Led Employment* process. Questions will be answered and more details about the series of workshops will be shared by the facilitators. See the attached schedule for "Invitation Event" locations, dates and times.

Is there a fee to participate?

No. The *Family-Led Employment* workshops and all of the technical assistance provided between events are funded by a grant from Pathways to Independence (MIG). The only "cost" is your time to attend the events and your commitment to the process.

Will I be responsible for finding a job for my family member?

No. The *Family-Led Employment* process will help you build a network of local contacts around your son or daughter to help him/her achieve his/her employment goals.

Real jobs, for real pay.

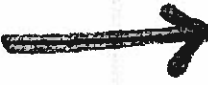
Family-Led Employment Schedule

If you're interested, here's what you do:

1. Attend an invitation event to learn more
2. Decide if you'd like to participate
3. If you'd like to participate, sign up to ***attend all three workshops in your area***
4. Inform planning team members you've signed up and invite them to join you at the workshops

Invitation Events: Pizza and soda provided

Eau Claire: Monday, March 1, 2010 • 5:00pm -7:30pm at The Plaza, West Clairemont Ave

 Ashland: Tuesday, March 2, 2010 • 5:00pm -7:30pm at New Horizons North, 514 Main St W

Marshfield: Wednesday, March 3, 2010 • 5:00pm -7:30pm at Holiday Inn, South Central Ave

Eau Claire Workshop Series: Held at The Plaza • Meals, snacks and breaks provided

Workshop 1: Wednesday, 4/7/2010 • 5:00pm - 8:00pm and Thursday, 4/8/2010 • 9:00am - 4:30pm (One Evening and One Full-Day)

Workshop 2: Thursday, 5/20/2010 • 9:00am - 4:30pm

Workshop 3: Thursday, 9/9/2010 • 9:00am - 4:30pm

Wrap Up Event: To be scheduled in early October based on participant schedules

Ashland Workshop Series: Held at New Horizons North • Meals, snacks and breaks provided

Workshop 1: Friday, 4/9/2010 • 5:00pm - 8:00pm and Saturday, 4/10/2010 • 9:00am - 4:30pm (One Evening and One Full-Day)

Workshop 2: Saturday, 5/22/2010 • 9:00am - 4:30pm

Workshop 3: Saturday, 9/11/2010 • 9:00am - 4:30pm

Wrap Up Event: To be scheduled in early October based on participant schedules

Marshfield Workshop Series: Held at the Holiday Inn • Meals, snacks and breaks provided

Workshop 1: Monday, 4/12/2010 • 5:00pm - 8:00pm and Tuesday, 4/13/2010 • 9:00am - 4:30pm (One Evening and One Full-Day)

Workshop 2: Tuesday, 5/25/2010 • 9:00am - 4:30pm

Workshop 3: Tuesday, 9/14/2010 • 9:00am - 4:30pm

Wrap Up Event: To be scheduled in early October based on participant schedules

***Families and teams will receive consultation by phone and email as requested from the *Family-Led Employment* facilitators between workshops to brainstorm ideas, address barriers and problem-solve .**

Real jobs, for real pay.

Workshop Overview

Session & Timeframe:	Overview:
Invitation Event 2 1/2 hour evening event	Introduce concept of <i>Family-Led Employment</i> Tell stories of people who have used the process Answer Questions Provide registration materials
Workshop 1 1.5 days (an evening and full-day session)	Introductions: Who are we? What do each of us bring? Who else needs to be involved – identifying partners/allies already out there doing it Setting the Scene - A Life Through Work & Careers: Why is this important? What we know works? How it might look? What to avoid? Aiming high! How to Discover Who People Really Are: The Discovery Process – getting started, What are we looking for – gathering information. How do we collect information?, How will we use what we discover?, Sharing what we discover, Painting a picture of contribution and preference
Workshop 2 1 full-day	Planning the future through work Aiming high!, Bringing all the gathered information together, Building the next stage, Thinking about jobs, Thinking about employers, Drawing up a short list of jobs, Drawing up a short list of employers, Who's going to do what?, By when?, What support is needed? Putting it into practice Individual Planning meetings including: Agreeing a job development Action Plan
Workshop 3 1 full-day	Negotiating with Employers Employer Discovery (including unmet need), Introducing the person – Portfolio design. Helping employers get to grips with doing things creatively and maybe a little differently. Working together with employers as partners. Short introduction to systematic instruction and 7 Phase Sequence: Workplace Analysis, Job Analysis, Task Analysis, Natural Supports
Wrap Up Event 2 hour evening event	What we've learned Next steps: Building on success, What more is needed? Plans for follow up meetings If needed.

Real jobs, for real pay.

About the Facilitators

Anne O'Bryan

Anne O'Bryan believes strongly that successful careers are possible for anyone with a disability who wants one. Her brother, Larry has taught her a lot about aiming high and working hard to get there. She has 30 years experience of creating positive employment opportunities. Most recently she has developed Family Led Jobs to align best service practice with the energy and leadership of families who want their sons and daughters to get a great job.

Shannon Munn

Shannon has been working in the field of Integrated Employment and Person-Centered Planning for over 15 years. In most recent years, Shannon has been pioneering work in Customized Self-Employment throughout Wisconsin and has been consulting with the Wisconsin Department of Health Services' Pathways to Independence (MIG) initiative. In this work, Shannon provides training and consultation for professionals, citizens with disabilities and their families throughout the state in the areas of integrated employment and job development, self-employment, person-centered planning, and self-directed supports.

Terri Larson-Baxter

Terri works as a Family and Consumer Consultant and Co-founder of the Family and Consumer Mentoring Project of the Chippewa Valley. The focus of her work has been helping others live a self determined life, with choices and discovering the depths of empowerment through knowledge and using their voice. Most recently, she has been working with her son, Andy, to explore and develop a micro-business in vermiculture (composting with worms). Terri has provided numerous trainings and participated in an advisory capacity around Special Education Law - IDEA, disability rights, advocacy, family support, self directed supports, employment, etc. She also was instrumental in expanding a small Lifespan Respite Program into a Western WI Regional Fiscal Agent Service Program that established over 300 people with disabilities as domestic employers with their own employees.

Deanna Yost

Deanna builds community in Northwest Wisconsin by joining with other parents, individuals with disabilities, community neighbors and service providers. She has experience developing a business for Toby Yost, her son, who provides a valuable trash and recycling pick up service in his township. She has also created her own consulting business and has professional experience creating integrated supports for persons with disabilities to live and work where and how they choose.

Pam Ironside

Pam, a community connector for Wood County and Central Wisconsin, works collaboratively with other parents, individuals with disabilities and community members. Pam facilitates Parents Information and Education Resource (<http://pierwi.blogspot.com>), which provides networking and educational opportunities for families, individuals and community. Pam is also a collaborative partner on several committees who work to grow informational opportunities and tools along with diversified opportunities to help individuals and their families be independent contributing members within their communities.



How to Register

Registration materials will be provided at the Invitation Events. If you would like to attend an Invitation Event, please contact Shannon Munn at (608) 318-0700 or shannonm@pcsdane.org **by Wednesday February 24th, 2010**. An RSVP is necessary to ensure there is enough food and hand-outs for all Invitation Event attendees. Please indicate which Invitation Event you plan to attend, how many people will be attending with you, and your contact information. Please let us know if you need special accommodations.

If You Have Questions or Need More Information

If you have questions or would like to discuss the Family Led Employment Process, please contact Shannon Munn at (608) 318-0700 or shannonm@pcsdane.org or contact the facilitator in your area:

Eau Claire: Terri Larson-Baxter at 715-874-4961 or tlbaxter3@wwt.net

Ashland: Deanna Yost at 715-682-7171 or dyost@nhnorth.com

Marshfield: Pam Ironside at 715-423-7182 or ironkids@wctc.net

Creating the future together.



Job Postings

Driver Wanted for Non-emergency Transportation: Transport clients to and from medical appointments within Northern WI and MN using a company van. Flexibility and dependability a must, clean driving record essential. Access to computer and cell phone necessary. Applications can be printed online at www.pathwaystransport.com or pick one up at 101 W. Main St., Ste 202, Ashland.

Circulation Manager: Position available for an experienced hands on Circulation Manager. This position will be heavily involved in the newspapers' management team. Excellent managerial and time management skills essential. A background in customer service and experience supervising newspaper carriers is valuable. Experience using Excel and Word is important. An understanding of single copy sales and bulk distribution is beneficial. A niche for developing and implementing promotions is icing on the cake. This is an excellent opportunity for an experienced District Manager to move up. Successful candidate can anticipate a rewarding compensation and benefits plan with formal training as needed. Please e-mail cover letter, salary requirements and resume to circulation@stx.rr.com. All inquiries will be kept confidential. 2-12-10

World Class Precision Products (WCPP) is a precision contract Manufacturing Facility. It is a division of the World Class manufacturing Group located in Weyauwega, Wisconsin which is ISO certified. WCPP is located in Bayfield, Wisconsin a northern most HUB zone. We offer full service precision CNC machining and specialize in manufacturing of patterns, fixtures, molds, and dies. We offer great benefits, insurance with options, retirement, holidays, and paid time off. We are presently looking for CNC operators, setup people. Must have experience with CNC Turning Centers and Vertical, Horizontal Machining Centers. Must have the ability to read and understand blueprints, use inspection equipment to measure and verify parts. Send your resume to: World Class Precision Products, P.O. Box 719, Bayfield, WI 54814.

Super 8 Motel-Ashland: Help wanted; part time night auditor, Fridays and Saturdays. Apply at front desk. No phone calls.

Combined Insurance: 87-year old+ company seeking licensed insurance agent as an employee, servicing established customers and prospecting for new accounts. Full gammit of benefits. Call Benny 218-348-0075.

Full time office assistant. Must have great customer service & computer skills. Pay is based on experience. No phone calls please. Send resumes to CWO, 2805 Holmes Rd., Ashland, WI 54806.

Ashland Ag Center is hiring a part time CDL driver/warehouse person. Must be able to carry 75 pounds, work in outdoor weather conditions, and have a valid CDL. Also customer service and computer skills preferred. Must be available to work Monday through Friday

HIRING SALES MANAGERS AND SALES ASSOCIATES! COMPETITIVE PAY! GREAT BENEFITS! CHECK ADVANCE, a leader in the consumer loan industry is looking for AGGRESSIVE, DEPENDABLE, RELENTLESS and SUCCESS driven Sales Manager in the Ashland location to join our team. Sales, collections, confidence in marketing one on one and/or management experience a plus! Competitive pay, benefits, six paid holidays, and monthly bonuses for successful candidates! EOE APPLY NOW AT WWW.ACOOLJOB.COM

JOB DESCRIPTION

POSITION: Assistant Fisheries Biologist

LOCATION: Red Cliff Fisheries Department

SALARY: Starting \$30,000- Depending on Qualifications

THIS IS A REGULAR FULL-TIME EXEMPT POSITION

SUPERVISOR(S): Treaty/Natural Resources Division Administrator

JOB SUMMARY: The incumbent will assist the Treaty/Natural Resources Division Administrator with the following duties.

DUTIES AND RESPONSIBILITIES:

- Collect biological and harvest data of commercially targeted fish species in Lake Superior.
- Carrying out specific fish stock assessments with various monitoring equipment; for example, bottom set gillnets, fyke nets, and electro fishing gear.
- Analyzing, summarizing, reporting, and presenting collected data.
- Assist in the development of management and regulatory recommendations for Tribal Fishing Committee and Tribal Council.
- Conduct additional fish surveys along the reservation shoreline and in reservation streams.
- Prepare and conduct fisheries enhancement activities on reservation streams and Lake Superior shoreline.
- Represent tribal interests at meetings and maintain cooperative working relationships with other resource agencies.
- Pursue alternative sources of funding for program projects and research activities.
- Perform other duties as directed by Treaty/Natural Resources Division Administrator.

KNOWLEDGE:

- Demonstrated experience or abilities in fish and wildlife work.
- Knowledge and experience related to commercial fisheries management and fishery research is required.
- The ability to identify Lake Superior fish species and knowledge of life history is preferred.
- Knowledge of tribal fisheries and wildlife programs and management is desirable.
- Grant writing experience and knowledge of project management is preferred.
- Knowledge of Native American Tribes and the uniqueness of the Red Cliff Community will be beneficial.

QUALIFICATIONS: Minimum of Bachelor of Science degree in fisheries management or related field. Proficiency with computer use, spreadsheet software, statistical and mathematical methods used in the collection and analysis of fishery data is required. The

applicant must be able to communicate clearly in written and oral form. Must have valid Wisconsin driver's license, vehicle and at least liability insurance, or a valid out-of-state driver's license. If no insurance must get within 3 weeks of starting employment. The applicant must be able to work as part of a comprehensive natural resources team with other biologists and personnel. Must pass background check.

PERSONAL CONTACTS: Daily with staff, Tribal fishermen, and possibly other agencies.

PHYSICAL REQUIREMENTS: Applicant must be able to walk long distances through uneven terrain and be able to lift and carry 50 lbs. Must be able to work on the waters of Lake Superior with minimal effects of sea sickness.

WORK ENVIRONMENT: Field work will be conducted throughout the reservation and the waters of Lake Superior. Work will include the riding of commercial fishing vessels, working on the Red Cliff Research vessels in all weather conditions, hiking in rugged terrain, and wading in reservation streams.

TRAVEL REQUIREMENTS: Must be able to travel and attend meetings on a regular basis.

POSTING: January 28, 2010

DEADLINE: February 11, 2010 at 4:00 pm

FOR FURTHER INFORMATION:

Red Cliff Tribal Administration Building
Personnel Office
88385 Pike Road
Hwy 13
Bayfield, WI 54814
www.redcliff-nsn.gov

rwygonik@redcliff-nsn.gov

(715) 779-3700 ext. 267 or 268

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.

ALL APPLICANTS FOR EMPLOYMENT WITH THE RED CLIFF TRIBE ARE SUBJECTED TO THE BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUEING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE TRIBE.

JOB DESCRIPTION

POSITION: Early Head Start Home Based Teacher

LOCATION: Red Cliff Early Childhood Center

WAGE: \$10.00-\$13.00 per Entry Level Wage Scale

THIS IS A REGULAR FULL-TIME NONE EXEMPT POSITION

SUPERVISOR: Early Head Start Director

GENERAL DESCRIPTION OF DUTIES

Primary responsibility is to provide weekly home-based services to a maximum of 12 Early Head Start families, which includes infants and toddlers 0 – 3 and pregnant women, using a Parents As Teachers home-based curriculum. Home visits are provided primarily during daytime hours. Responsible for planning and implementation of home-based program which reflects best practices and also incorporate Ojibwa language and culture into curriculum.

JOB RESPONSIBILITIES

- Conduct minimum of 1½ hour weekly home visits for each Early Head Start home-based family as stated in Federal Performance Standards.
- Responsible for working with each family to develop a Family Partnership Agreement in accordance with Federal Performance Standards.
- All EHS Home Based Teachers will jointly provide two group socializations per month for Early Head Start children and their parents to allow for peer group interaction through age appropriate activities with parents present as volunteers or active participants. (Minimum of 16 group socializations per year.) This could include play groups, group meetings, activities as scheduled, which may include nights or weekends.
- Obtain and maintain *Parents As Teachers* certification for ages 0-3 and prenatal
- Responsible for recordkeeping on Child Plus, maintenance of weekly P.A.T. home-based family files, and resource/referral for delivery of other services as needed. Will assist EHS director with submission of annual P.A.T. report statistics for home based program.
- Documentation of all recruitment efforts and contacts with families as well as other required program information.
- Work with tribal, community, and county service providers in order to provide necessary services to the Early Head Start child, their parents and any pregnant women enrolled in the program.
- Plan and implement home-based activities which are age appropriate and that enhance infant and toddlers social/emotional, physical, and intellectual development and child development, parenting information for pregnant women.
- Develop and maintain a professional relationship with families enrolled in Early Head Start as well as must maintain confidentiality of all child/family information and records.

- Collaborate with other home based staff, parents, and community resources to incorporate Ojibwa language and culture into home-based activities and curriculum.
- Ability to work effectively and cooperatively with staff, parents, community members, and other support systems in the best interest of the child.
- Reinforce positive self-image, pride, and cultural identity with both the parents and the infants/toddlers during all activities.
- Must attend and participate in weekly staff meetings, parent meetings, and participate in job-related training as available and required.
- Notify supervisor in advance of any known absences you will have.
- Adhere to all EHS policies and procedures and insure that Federal Performance Standards are being met. The above identified responsibilities are not intended to reflect all tasks necessary for the position. Perform other duties as directed.

QUALIFICATIONS

Preferred:

- 1) Associate Degree in Early Childhood Education or related degree or
 - a) Applicants can be considered if enrolled in an associates' degree early childhood program and meets minimum grade requirements
 - b) Applicant must show proof of current enrollment in associates degree early childhood

Required:

- 1) Excellent oral and written communication skills and knowledge of local community resources.
- 2) Cultural sensitivity to Ojibwe culture, Native American beliefs, values, community
- 3) Current first aid and CPR certification or willingness to obtain these certificates within six (6) months of date of employment. Program will cover costs if needed.
- 4) Must pass mandatory background check and drug tests prior to hiring. Need valid driver's license, reliable transportation, and proof of auto insurance.

Highly desirable (but not required):

Bachelors of Arts or Bachelors of Science degree in Early Childhood Education

Highly desired- coursework or any specialized training in Infant/Toddler development, current certification for Parents As Teachers (training will be provided if needed) as well as experience working with children and families.

WORK ENVIRONMENT: Red Cliff Early Childhood Center facility

PERSONAL CONTACTS: Collaboration with local, state, and national collaborating partners, with particular emphasis on networking with parents, extended families, and Red Cliff community.

SPECIAL REQUIREMENTS: Must be able to work some nights if needed. Must be physically able to work with young children and must be able to lift up to forty pounds, annual health exam, TB test, immunizations including Hepatitis B (or sign waiver), and required trainings such as confidentiality, CPR, etc. Must attend appropriate staff meetings, Policy Council and Parent meetings as required.

TRAVEL REQUIREMENTS: Must be able to attend local, regional, and national trainings as required.

POSTED: January 29, 2010

DEADLINE: February 12, 2010 at 4:00 pm

FEBRUARY 2010

NAMEBINI GIIZIS-SUCKER MOON

Mon	Tue	Wed	Thu	Fri
1B WAFFLES, STRAW-BERRIES L CHILI, CORNBREAD, SALAD, TROP FRUIT S PB/TRISCUITS	2B HB OATS, BLUEBERRIES, YOGURT L CHIX STIR FRY, RICE, MAN ORANGES S SLEEPY BEAR/JUICE	3B RICE CRISPIES, TOAST, PBJ, ORANGES L HAM CR POT, CHEZ SAND, SALAD, PEACHES S TEDDY GRS/MILK	4B OATMEAL, BANANA, L TUNA PATTY/BUN, JELLO/JUICE, SWEET POTATO FRIES S FRUIT CUP/PRETZEL	
8B EGG CASSEROLE, OJ L MEX CORNBREAD PIZZA, PEAS, PEARS, CC S EGG SALAD/WW CRACKER	9B CHEERIOS, MUFFIN, PEACHES, YOGURT L HAM HD, PINEAPPLE, SLAW, GR BEANS S FRUIT BAR/MILK	10B RICE CHEX, TROP FRUIT, CINN BREAD L BEEF VEG SOUP, CHEZZ SAND, , HONEYDEW S VEGGIE TACO	11B FR TOAST BK, AP- PLES L SPAGHETTI, CORN, MANGO, SALAD S COOKIE/MILK	
15 CLOSED	16B MALTO MEAL, FRUIT COCKTAIL L LASAGNA HD, PEACHES, SALAD, CORN S MUFFIN/MILK	17B CHEX, BANANA BR, BANANA L PEA SOUP, HAM, PINE-APPLE, CC, SALAD S CHEX MIX/JUICE	18B HB OATS, TOAST, ORANGES L SWEET/SOUR CHIX, RICE, YOGURT/ STRAW-BERRIES S BAGEL BITE/MILK	
22B OATMEAL, TOAST, ORANGES L TOMATO SOUP, GR CHEZZ, APPLESAUCE S WAFFLE / PUDDING	23B RICE CRISPIES, BANANA BR, M BERRIES L TACO HD, ROLL, PINE-APPLE, VEG/DIP S GR CRACKER/PB	24B WHEATIES, ENG MUFFIN, PEARS, PBJ L CR CHIX/BISCUIT, CAR-ROTS, MAN ORANGES S QUASIDILLA/JUICE	25B CHEERIOS, PEACHES, CC, MUFFIN L BEEF STEW, SALAD, PEACHES,CC, BUN S BERRY GOOD PIZZA	

**MENU SUBJECT
TO CHANGE**

**MILK SERVED
WITH MEALS**